



# Welcome to Our Channel

## Sports & Physical Education



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Education



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# Physical Education

The anatomical age of boy or girl can be determined by

- A. X- Ray of skeleton
- B. Growth curve
- C. Height and girth of the bone
- D. Measurement of the chest

**(A) X- ray of skeleton**





# Physical Education

❑ Who provides vitality of physical education programme?

- A. Scientific Principle
- B. Physiological backup
- C. Philosophical backup
- D. Humanistic approach

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**(A) Scientific Principle**





# Physical Education

❑ Yoga according to Kathopanished is-

- A. Control on mind
- B. Control on sense organ mind and intellect
- C. Control on sense organ and intellect
- D. Control on body and mind

**(B) Control on sense organ mind and intellect**



# Physical Education

Which Asana is most beneficial in Blood Pressure?

- A. Chakraasana
- B. Shirshasna
- C. Shavasna
- D. Dhanurasna

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**(C) Shavasna**





# Physical Education

- In the Olympic events, the gold medal awarded for the first place has following the ratio of gold
- A. Silver gilt with 8 grams of fine gold
  - B. Silver gilt with 7 grams of fine gold
  - C. Silver gilt with 10 grams of fine gold
  - D. Silver gilt with 6 grams of fine gold

**(D) Silver gilt with 6 grams of fine gold**



# Physical Education

Which law is related with Physically and mentally adjusted to receive stimuli

- A. Law of Intensity
- B. Law of Effect
- C. Law of Readiness
- D. Law of Exercise

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**(C) Law of Readiness**





# Physical Education

❑ **Father of Naturalism is –**

- A. John Dewey
- B. Rousseau
- C. Plato
- D. Aristotle

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**(B) Rousseau**







# Physical Education

- Main consideration for effective periodization should be
- A. Base Creation
  - B. Achievement of top form
  - C. Skill Development
  - D. Development of tactical ability

**(B) Achievement of top form**





# Physical Education

The Agha Khan cup is associated with

- A. Hockey
- B. Cricket
- C. Football
- D. Volleyball

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**(A) Hockey**





# Physical Education

**Sports Psychology is taught to the student of physical education because**

- A. It enhance performance.
- B. It modifies the behaviour.
- C. It motivates athlete.
- D. It helps in learning.

**(A) It enhance performance**





# Physical Education

Which is not the component of Ectomorph body built?

- A. Long slender neck
- B. Long narrow neck
- C. Strong and long neck
- D. Hanging shoulder

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**(C) Strong and long neck**





# Physical Education

The headquarter of World Health Organization is situated at

- A. New Delhi
- B. Geneva
- C. Boston
- D. Russia

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**(B) Geneva**





# Physical Education

What creates physical difference among people?

- A. Heredity
- B. Environment
- C. Birth Place
- D. Ethic Background

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**(A) Heredity**





# Physical Education

The headquarter of FIFA is situated at:-

- A. Dubai
- B. Jakarta
- C. Zurich
- D. Tokyo

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**(C) Zurich**



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# Physical Education

**Stress fracture is common among**

- A. Children
- B. Adult
- C. Older Man
- D. Women

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**(A) Children**





# Physical Education

- ❑ Internship program of teacher teaching avails
  - A. Subject matter curriculum
  - B. Practical curriculum
  - C. The whole school environment
  - D. Research curriculum

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**(B) Practical Curriculum**





# Physical Education

What makes it possible for us to stand, sit, speak and blink?

- A. Nerve
- B. Muscle
- C. Cell
- D. Tissue

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**(B) Muscle**



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# Physical Education

What is the selection process of student leader in physical education?

- A. Nomination
- B. Lottery
- C. Selection
- D. All of above

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**(D) All of above**



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# Physical Education

One gram fat provides energy of

- A. 4 Kcal
- B. 6 Kcal
- C. 8 Kcal
- D. 9 Kcal

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**(D) 9 Kcal**



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# Physical Education

- ❑ **The primary focus of supervision must watch**
  - A. Learning situation
  - B. Maintenance of record
  - C. Activity program
  - D. Competition Program

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**(A) Learning Situation**





# Physical Education

The back bone is also called

- A. Skeleton
- B. Vertebral
- C. Joint
- D. Skull

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**(B) Vertebral**





# Physical Education

The knot used to tie a bandage is known as

- A. Reef Knot
- B. Clove hitch
- C. Half hitch
- D. Granny Knot

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**(A) Reef Knot**





# Physical Education

The teaching methods are for the

- A. Teaching skills in physical education.
- B. Teaching theory in physical education
- C. Performance of sportsmen
- D. Improvement of understanding

**(A) Teaching skills in physical education.**







# Physical Education

The height of volleyball man net is

- A. 2.45 m
- B. 2.44 m
- C. 2.43 m
- D. 2.42 m

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**(C) 2.43 m**





# Physical Education

The performance area for the floor exercise in Gymnastics is

- A. 10 x 10 m
- B. 11 x 11 m
- C. 15 x 15 m
- D. 12 x 12 m

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**(D) 12 x 12 m**





# Physical Education

Which of the following is our culture heritage?

- A. Sports
- B. Education
- C. Love and affection
- D. Respect of elder

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**(A) Sports**



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# Physical Education

- The term “Altius” in Olympic motto mean-
- A. Faster
  - B. Stronger
  - C. Higher
  - D. All of above

**(C) Higher**

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# Physical Education

**Tactical action is a-**

- A. Motor action
- B. Motor ability
- C. Motor Skill
- D. Motor solution

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**(A) Motor action**





# Physical Education

Which of the following is considered as an active form of warming up

- A. Calisthenics
- B. Diathermy
- C. Warm water showers
- D. Oil massage

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**(A) Calisthenics**





# Physical Education

..... is the first pada/chapter of Patanjali.

- A. Kaivalya Pada
- B. Sadhana Pada
- C. Samadhi Pada
- D. Vibhuti Pada

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**(C) Samadhi Pada**





# Physical Education

**Rahi Sarnobat is concerned with the game:-**

- A. Shooting
- B. Football
- C. Badminton
- D. Volleyball

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**(A) Shooting**







# Physical Education

The anatomical name of the thigh bone is

- A. Fibula
- B. Tibia
- C. Radius
- D. Femur

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**(D) Femur**





# Physical Education

Red Blood cell are produced in the

- A. Bone Marrow
- B. Liver
- C. Heart
- D. Spinal Cord

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**(A) Bone Marrow**





# Physical Education

The vital capacity is measured by

- A. Lactometer
- B. Thermometer
- C. Goniometer
- D. Spirometer

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**(D) Spirometer**





# Physical Education

**Deficiency of Iodine causes**

- A. Goiter
- B. Rickets
- C. Scurvy
- D. Berry Berry

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**(A) Goiter**





# Physical Education

**Diphtheria diseases are related to the**

- A. Lungs
- B. Throat
- C. Liver
- D. Brain

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**(B) Throat**





# Physical Education

Nephron is a microscopic structure of

- A. Lungs
- B. Heart
- C. Kidney
- D. Liver

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**(C) Kidney**





# Physical Education

What percentage of Human body weight are voluntary muscles?

- A. 40 %
- B. 45%
- C. 50%
- D. 55%

**(A) 40 %**

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# Physical Education

**Compound which formed in all living cells and play a key role in transformation is**

- A. Granam
- B. ADP
- C. ATP
- D. Chlorophyll

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**(C) ATP**







# Physical Education

❑ “Play is very important for the preservation, growth and development of an organism.” Who says?

- A. Mc Doughall
- B. T.P. Nunn
- C. Ross
- D. Stern

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**(A) Mc Doughall**





# Physical Education

- Community recreation is sponsored by**
- A. Village, town and cities for their residents
  - B. Big industrial house
  - C. Business
  - D. Big organization

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**(A) Village, town and cities for their residents**



# Physical Education

Which of the following factor does not affect physical fitness?

- A. Balanced diet
- B. Daily exercise
- C. Reading and Writing
- D. Sound sleep and rest

**(C) Reading and Writing**





# Physical Education

❑ Sociologist considered sports as

- A. Survival Activity
- B. Life Commitment
- C. Sentiment of love
- D. Socio-Cultural Phenomenon

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**(D) Socio-culture Phenomenon**





# Physical Education

**During muscular contraction, if there is no change in length of muscle, only muscle tension is produced. It is said**

- A. Isokinetic Movement
- B. Isometric Movement
- C. Isotonic Movement
- D. Kinetic Movement

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**(B) Isometric Movement**





# Physical Education

## Achievement motivation related to

- A. Knowledge of the person
- B. Aptitude of the person
- C. Experience of the person
- D. Need of the person

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**(D) Need of the person**





# Physical Education

Who considered the three domains suggested by Bloom as appropriate objectives of Physical education?

- A. Harold M Barrow
- B. Edward F. Voltmer
- C. Charles A. Bucher
- D. J R Sherman

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**(A) Harold M Barrow**





# Physical Education

Minimum weight of shot put for men is

- A. 7.26 Kg
- B. 7.25 Kg
- C. 8.00 Kg
- D. 8.10 Kg

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**(A) 7.26 Kg**







# Physical Education

❑ “Swaythling Cup” is associated with

- A. Badminton
- B. Hockey
- C. Tennis
- D. Table Tennis

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**(D) Table Tennis**





# Physical Education

The final event of decathlon is always

- A. Javelin Throw
- B. 110 m Hurdle
- C. 1500 m race
- D. 800 m race

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**(C) 1500 m race**





# Physical Education

Who was the writer of Iliad and Odyssey?

- A. Plato
- B. Homer
- C. Socrates
- D. Aristotle

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**(B) Homer**





# Thank You for Watching



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